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# The Fourth "H" is Health: Personal Health

Helen Becker

Don Wiles

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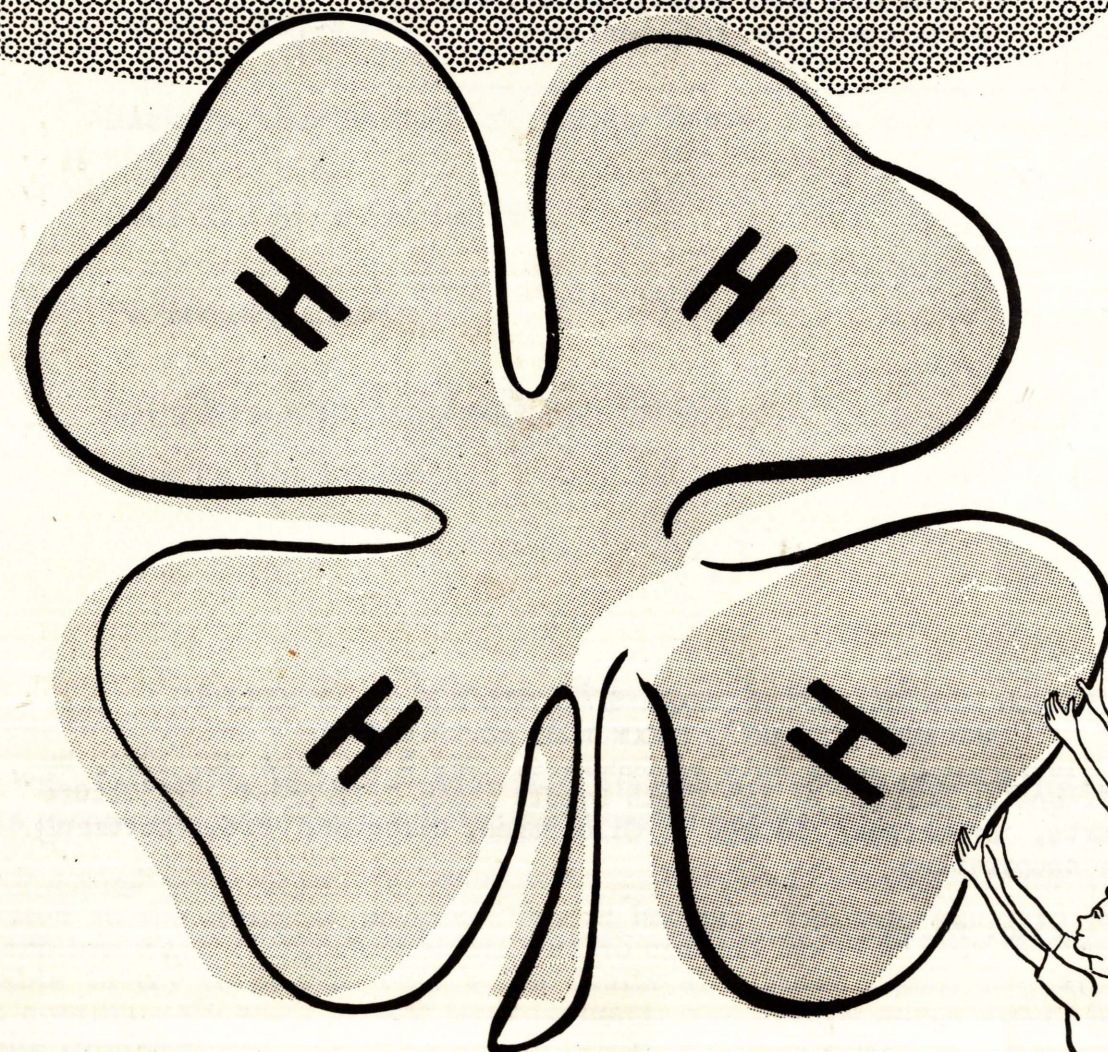
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**the fourth "H" is health**

**PERSONAL  
HEALTH**



AGRICULTURAL EXTENSION SERVICE  
SOUTH DAKOTA STATE COLLEGE  
U. S. DEPARTMENT OF AGRICULTURE



Even though safety is not discussed in this booklet, it is important and a part of your health. If you are interested in learning good safety habits, ask your county agent for information.

EXTENSION SERVICE, SOUTH DAKOTA STATE COLLEGE OF AGRICULTURE  
AND MECHANIC ARTS, BROOKINGS, SOUTH DAKOTA

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This manual was prepared by Helen Becker and Don K. Wiles.



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## Your Personal Health

"The 4th H is Health." Your 4-H pledge says, "I pledge my Health to better living." This means that you must develop good health habits.

Because your health is effected by your habits, this unit of the 4-H health activity is devoted to the study of personal health habits. You are expected to study your habits, determine ways for improvement and to correct some of your faults. Usually, it is advisable to try to change only a few faults at a time; rather than all of them at once. If you continuously work at self improvement, you will be surprised at how fast your health habits improve.

During the project year you will be expected to do the following:

1. Have a physical and dental examination.
2. Maintain a growth curve.
3. Study and try to improve upon your daily health habits in at least two of the following:
  - a. Food.
  - b. Cleanliness and posture.
  - c. Sleep, rest, work and play.
  - d. Teeth.
  - e. Eyes and ears.
  - f. Personality.



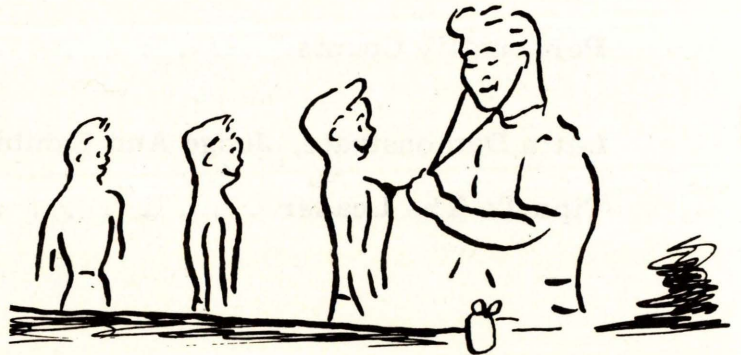
## Your Doctor And You

If a tractor or car wears out, new parts can be bought to replace worn ones. When they get too old, new machines can be purchased. This is not true with the human machine. Much can be done for our bodies through modern medical science, but essentially they must last a lifetime. Naturally, you want to take care of them so they will not wear out or become damaged.

During the winter months, good farmers and ranchers give their machinery a thorough examination to make sure it is in good condition. Once every year you too need a check-up. This helps you to know whether you are in good condition -- whether your eyes and ears are normal, whether your heart is in good condition and whether your lungs are clear. When the examination shows you are o.k., you have the grand and glorious feeling that "puts you on top of the world."

A physical examination each year enables you to correct most things that may be wrong before they get a head start. Many things your doctor finds can be corrected at home. To stay healthy and happy, you will find it is best to go to the doctor before you get sick.

Be sure you are protected against common communicable disease; such as smallpox, diphtheria and whooping cough; and by having "booster" shots every five years. If your doctor advises, have typhoid, polio and other other shots.



## Keeping Your Growth Curve

When selecting livestock we try to select them according to a certain standard; and any variation from the standard is not desired. For example, a good beef animal is deep, thick and has a boxcar shape. A beef calf that does not meet these requirements is not wanted. This is not true with people. You can be fat or thin, or tall or short and still be useful and wanted.

However, there is a range in which most boys and girls fall. For example, most 12-year old boys weigh more than 71 pounds but less than 100; and are taller than 56 inches but shorter than 63 inches. If the 12-year old boy does not fall in this range, he should check with his doctor and learn why.

So that you will know if you are within the weight and height range of most boys and girls, you should maintain a growth curve.



## A black and white illustration depicting a scene from a story. An elderly woman, wearing a traditional floral qipao and a headscarf, is leaning over a table. She is holding a large, round object, possibly a ball or a large coin, and appears to be playing a game with cards. A man in a white shirt and tie, and a woman in a striped shirt, are seated at the table, watching her. A teapot and a cup of tea are also on the table. The background is simple, with some smoke or steam rising from the table area.

1. With the help of your leader, weigh and measure yourself.

3. Look at the top half of the chart on page 3 or 4. Weight is indicated on the left side beginning at 50 and going up to 140 pounds for girls and 160 pounds for boys. Age is indicated across the top beginning at 8 and ending at 18. Three lines curve across the page. The middle one is average. The top and bottom lines show the extent a girl or boy may vary from average and still be normal.

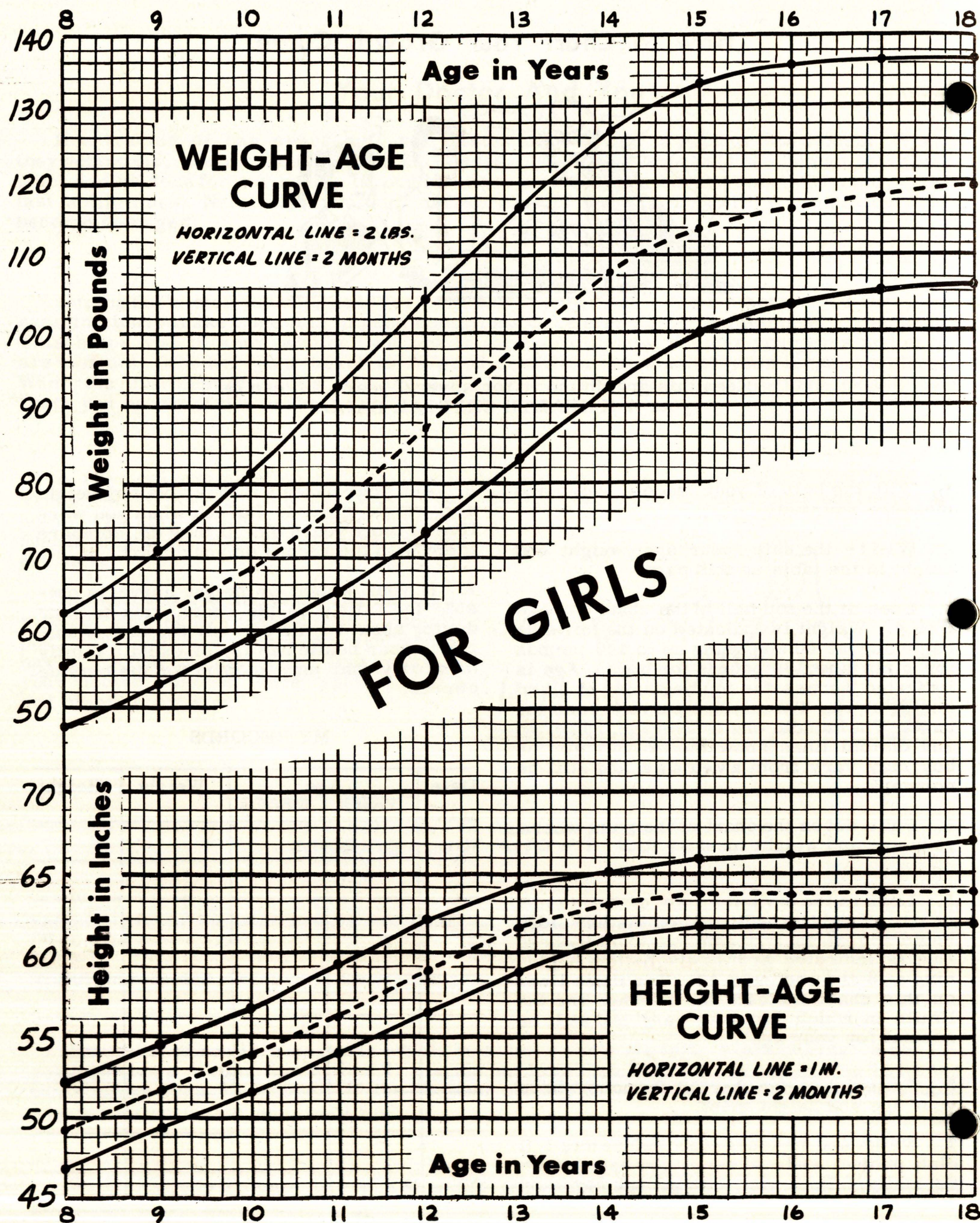
5. Look at the bottom half of the same chart. Height is indicated on the left side, beginning at 45 and going up to 75 inches. Age is indicated across the bottom beginning at 8 and ending at 18. The three lines on this chart indicate the average and the limits in which you may vary and still be normal for your age.

7. Weigh and measure again before this 4-H club project ends to see if you have grown normally. Start your own growth curve by drawing a colored line between the dots.

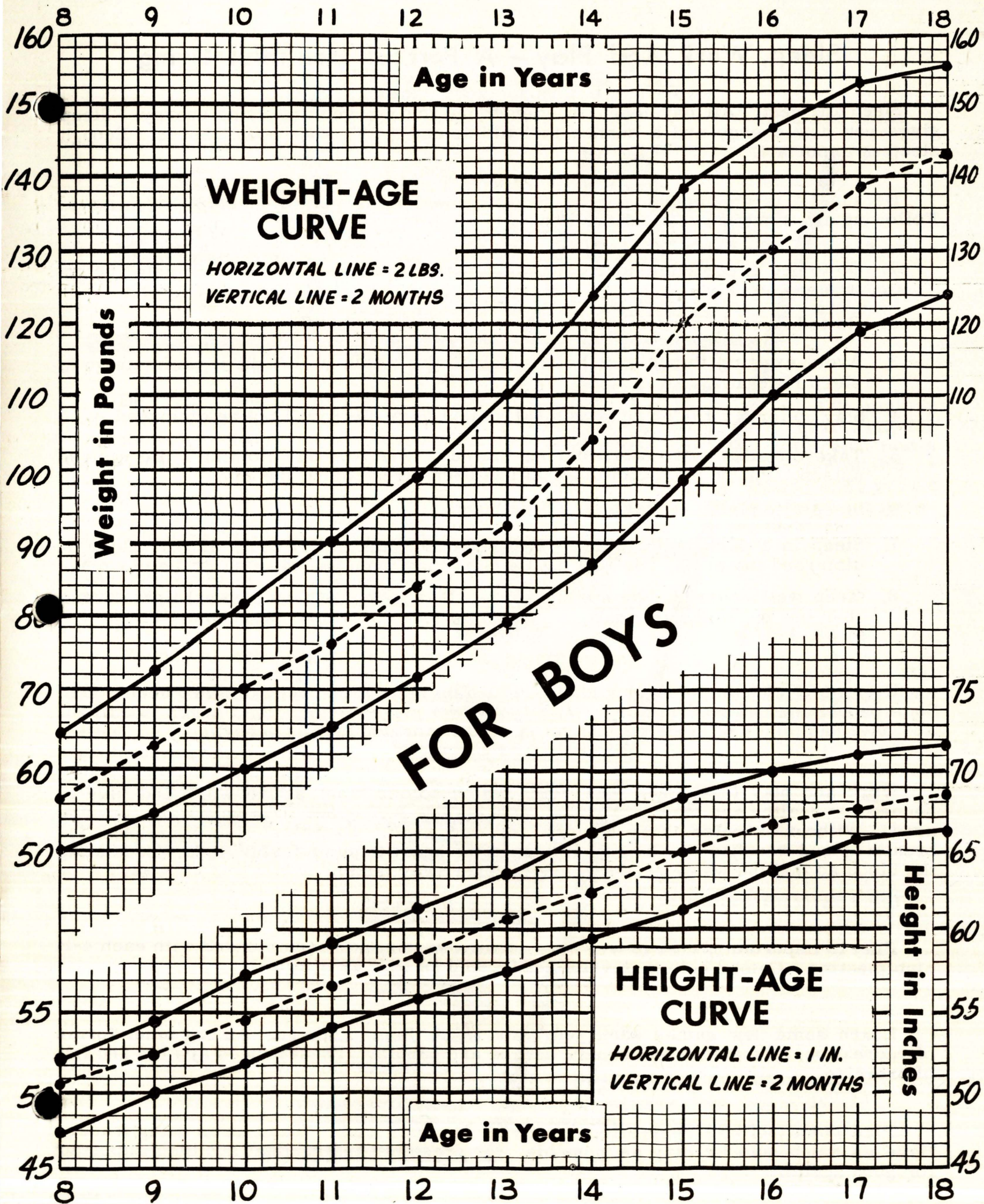
9. If your weight or height curve is outside the lines on the chart, talk to your doctor about it. He can tell you how to improve your health habits, or explain family history that may account for the outside curves.

[illegible]











# Sleep, Work And Play – A Part of Healthful Living

Sleep and rest. All day long, in everything you do, you are using energy. Sleep gives you new energy and a chance to build up and repair your body tissues. Enough sleep is important.

Because it is so important, you should know how to get the most restful sleep. Following are some suggestions for good sleep habits.

1. Go to bed at the same hour each night. A regular bedtime habit will help you get to sleep quickly.
2. Go to bed early every night.
3. Avoid exciting things just before bed time. This will make it easier to go to sleep right away.
4. Stay up for a while after your meal so that your sleep will not be disturbed.
5. Take off all clothes worn during the day. Air your day clothing while you are asleep. Put on night clothing that has been aired during the day.
6. Sleep with plenty of fresh air in the room.
7. Sleep in a dark, quiet place. Darkness and quiet are restful. If your sleep is disturbed too much, you will not be refreshed when you wake up in the morning.
8. Keep well covered, but not too warm. It is better to have several light covers than one or two heavy ones.

Every 4-H club member should have at least eight to ten hours of sleep each night. Some people need more than this. You be your own judge whether eight hours is enough. You have had plenty of sleep, if you get up in the morning feeling peppy.

Work and play (exercise). Exercise which comes from active work and play is needed for healthy and strong growth. Muscles are strong and firm only when they are used. Without exercise, they become soft and weak. Exercise also increases the breathing and benefits the lungs. It causes the heart to pump faster; thus, circulating the blood so that the waste products are carried away faster.

Play is important. That is why a recreation session is recommended with each 4-H club meeting. Games help to develop leadership as well as health.

Learn some new games each year, and teach them to others. Among other forms of recreation, folk dances and square dances are popular. These dances are fun and full of exercise.

Plan some definite recreational activity for your club. Take turns being leader. Have as much outdoor play as possible, for fresh air and sunlight are both important for good health.



# Eat Wisely For Good Health



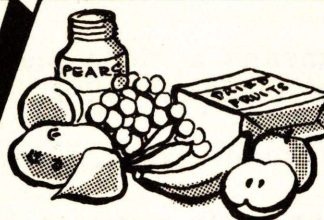
**GREEN AND YELLOW  
VEGETABLES**

1 serving a day



**ORANGES, TOMATOES,  
GRAPEFRUIT, raw cabbage  
or salad greens**

1 serving a day



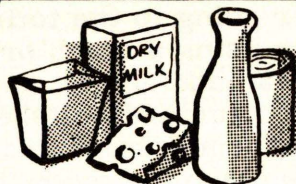
**POTATOES AND OTHER  
VEGETABLES AND  
FRUITS**

2 or  
more  
servings  
a day.

Do your meals merely fill your stomach? Or do they give you health and pep as well? Good food is important to your health.

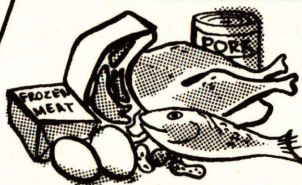
Certain foods are needed to build and protect your health. These foods are called the "Basic Seven," because they are essential for good health. The foods you should eat and the amount you should have are given in the "Basic Seven" diagram.

When you eat, there are some good eating habits to use. If you practice them, your food will be better digested and used by your body. The good eating habits are (1) eat slowly, (2) relax, (3) talk about pleasant topics, (4) smile, (5) chew your food well and (6) sit erect at the table with both feet on the floor.



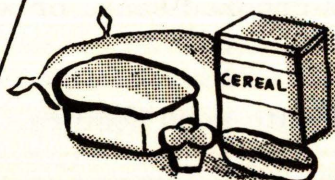
**MILK AND  
MILK PRODUCTS**

1 1/2 pints to  
1 quart a day for  
children; 1 pint a  
day for adults; 1  
quart a day for  
expectant and nurs-  
ing mothers.



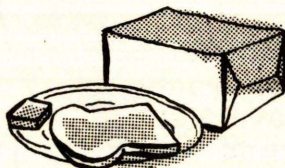
**MEAT, POULTRY, FISH OR  
EGGS or dried beans, peas,  
nuts, or peanut butter**

3 or 4 eggs each  
week; 1 serving of  
meat, poultry or fish  
a day, occasionally peas  
or beans instead.



**BREAD, FLOUR, AND  
CEREALS Natural whole  
grain—or enriched or restored**

3 or 4 more servings a day



**BUTTER AND  
FORTIFIED MARGARINE  
(with Vitamin A)**

Use for spreads and for season-  
ing as you like and supplies  
permit.



## Be Nice To Be Near

Cleanliness is a must. Disease germs often hide in dirt. Thus if you keep clean, you will have a better chance of keeping well. Also, you will more likely be admired by your friends.

Cleanliness means a clean body, clean clothes, clean rooms at home and clean habits in handling foods and drink. Here are some standards of cleanliness:

1. Wash your face, hands, neck, ears and clean your fingernails each morning and night.
2. Brush your teeth after each meal. When you can not brush, rinse your mouth with water or eat some raw vegetable or fruit.
3. Take a full bath at least twice a week.
4. Wash hands well before each meal, using soap to be sure the hands become clean.
5. Wash hands after going to the toilet.
6. Wash hands after using a comb or handkerchief.
7. Keep the hair clean and neatly combed.
8. Keep your shoes clean and polished.
9. Wear clothes that smell fresh and are clean.
10. Be neat. Have a place for everything and keep it in its place.
11. Be sure you are free from body odors by using a good deodorant and changing your underwear and socks every day.

Posture refers to the position of the body in sitting, standing, walking and lying. Your posture is important because:

(1) Good health depends on the proper functioning of body organs. If you sit and stand correctly, your organs have a better chance to do their work. This is because they are in their correct position.

(2) Good looks are not always a matter of beautiful hair and a handsome face. Well-built, graceful bodies have much to do with good looks. Did you ever see a famous movie star who had round shoulders and a crooked back, or who walked with the head thrust forward?

(3) Fine attitudes go hand in hand with good posture.

To test your posture, stand with the feet parallel, 4 to 6 inches apart. Have a pole held at your side so that it comes just in front of the tip of the ear. If the posture is good, the line of the pole will pass through the top of the shoulder, the hip joint and the arch of the foot just in front of the ankle.

Or stand with the back to the wall, with feet parallel, 4 to 6 inches apart, and with the heels 4 inches from the wall. A person with good posture will have just enough room to slip the hand between the curve of the back and the wall; and he should be able to make the lower back touch the wall. As a third test, face the wall with the toes and chest touching it. The abdomen and the head should be held back and not touch the wall. These tests are excellent for training the body to assume good posture. Practice them.



**BAD**



**EXCELLENT**



# Back Up Your Smile With Healthy Teeth

Good teeth depends upon three habits which are (1) eat a well balanced diet, (2) brush your teeth after eating and (3) visit your dentist regularly.

Eat a well balanced diet. The food you eat is important for good general health. (See "Eat Wisely For Good Health" page 9)

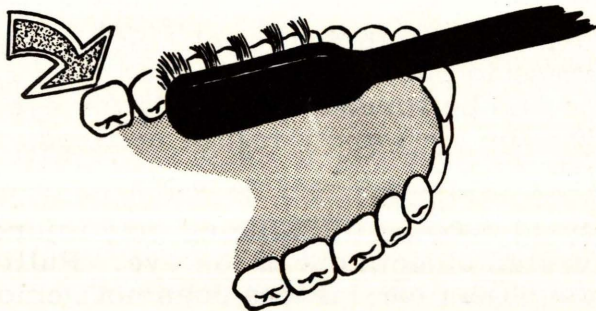
For good dental health, what not to eat is also important. For example, avoid sweets between meals. Eat them only at mealtime. This is because sweets contain sugar and sugar encourages tooth decay. Fresh fruits and vegetables do you and your teeth more good than sweet desserts and candy.

Brush your teeth as shown below. Do not be misled by false advertising. When and how you brush is more important than the kind of tooth paste or tooth powder used. You can make a good tooth powder by mixing 1 tablespoon of salt and 2 tablespoons of baking soda.

Brush your teeth immediately after eating. If it is impossible to brush your teeth after your noon meal, rinse your mouth with water or eat a raw vegetable or fruit; such as a carrot or apple.

Visit your dentist regularly. Regular visits to your dentist will (1) avoid pain, (2) save time and money and (3) avoid loss of teeth. Pain is avoided by having a tiny cavity filled in its earliest stage before the hole deepens. Time and money are saved by having small defects corrected before things get too bad. Teeth are saved by having them carefully filled before decay has ruined them.

## BRUSH THE OUTSIDES



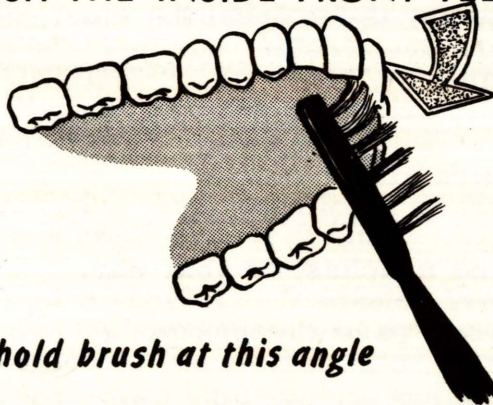
*sweep DOWN on the UPPER teeth*

## BRUSH THE INSIDES



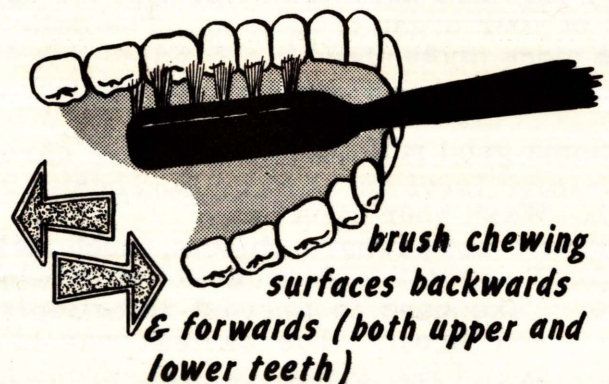
*sweep UP on the LOWER teeth*

## BRUSH THE INSIDE FRONT TEETH



*hold brush at this angle*

## BRUSH THE CHEWING SURFACES



*brush chewing surfaces backwards & forwards (both upper and lower teeth)*

**Be sure to brush all surfaces — Repeat each stroke 6 times!**



## Eyes And Ears Are Important

Eyes. Your eyes are a mirror for you. If you are interested, sincere and friendly, they show it. They should never look bored or listless. Look people straight in the eye.

Strained eyes are not pleasing. Also, they can make you feel "punk" and lead to eye trouble. Eye strain often comes from improper use of your eyes. Following are some suggestions on how to prevent eye strain.

1. Have plenty of light for what you are doing. Reading, sewing and similar activities require more light than does walking through a hallway, scrubbing floors or feeding livestock.
2. Avoid glare. Glare is bright, dazzling light or a reflection of such light. It can be caused by light bulbs or tubes and by the sun. If your eyes are exposed to glare for any length of time, they will tire and become strained.
3. Avoid sharp contrast. For example; if a TV set is turned on in a dark room, there will be a sharp contrast between light and dark. To eliminate this contrast, other lights should be on. In this way the darkness will be softened and the sharp contrast eliminated.
4. Place shadows in their proper place. This can be done by having the main source of light coming from the opposite side of your hand that is being used, or from in front.
5. Rest your eyes, occasionally, when reading or doing close work. Do this by looking at distant objects from time to time.

When washing your face, use your own clean washcloth and towel. Some diseases can be picked up from dirty towels. One of these is pink eye, Sties, too, are caused by germs that are spread in this way; or they can be spread by rubbing the eyes with the fingers. Sties are more likely to occur when the eyes are strained or tired.

If some object should get into your eye, avoid rubbing it. Rubbing may injure your eyeball. If left alone, tears will wash many foreign objects out of the eye. Pulling the upper eyelid over the lower often helps get the object out. If this does not remove it, see your doctor.

Ears. From the outside, the most important thing about ears is that they be clean. Dirty ears are not attractive. But the outside of the ear is far from the most important part of your organ of hearing. The delicate parts are deep inside your head, where they have more protection.

Some good rules to follow in the care of your ears are:

1. Wash your ears daily.
2. Do not put hard objects, such as hairpins and matches, in your ear.
3. Protect them from the cold by wearing a scarf or cap.
4. Take care to prevent infection reaching your ears through your nose, mouth and throat. The easiest way to do this is to build resistance to colds through good food; plenty of rest, fresh air and sunshine; and keeping away from people who have colds and sore throats.
5. If you have an earache, consult your doctor promptly. Also, if you have a foreign object in your ear, have your doctor remove it immediately.



## Personality Counts

Happiness is very important to good health. Doctor's offices are full of people who are sick because they are unhappy.

One of the requirements of a happy person is that he must like other people and they must like him. Let us take a look at what you can do to become liked.

**BE UNSELFISH:** Do you always think of yourself and your own pleasure first? There are ways you can help your family and friends without any thought of return for yourself. Selfishness breeds loneliness.

**BE BROADMINDED:** You have your opinions. Others have theirs, but are you open-minded about theirs? Are you tolerant of the habits of the rest of your family? After all, some of your ways may be annoying them, too. Life is a process of give and take. Getting along with people means that you give as well as take. Be tolerant.

**BE ADAPTABLE:** Can you adjust yourself to situations and be happy? Do you consider the other fellow, or do you argue until you get your own way? When you lose an argument, do you sulk? The world can not always revolve around you: so the sooner you learn to adapt, the easier it will be for you -- and others.

**HAVE A SENSE OF HUMOR:** Look for the amusing side of things. Laugh at your mistakes and do not get mad when others laugh at them. Try hard to develop a sense of humor.

**BE A GOOD SPORT:** Are you a poor loser? Do you always make excuses? No one admires this. If you are criticized, take it gracefully. Use it to improve yourself. If it is petty, forget it; if constructive, take it.

**BE CHEERFUL:** No one wants to be near a "grouch," and being one can become a habit. We all have our troubles, but there usually is a brighter side. Cultivate a happy, cheerful disposition.

**BE DEPENDABLE:** If you say you will do something, do it. When you accept a job, stick to it in spite of the obstacles that arise. Do what is expected of you and a little more.

**CONTROL YOUR EMOTIONS:** Do you get "mad" easily? Do not fly off the handle and say things you will be sorry for later. If you make a mistake, admit it. Everyone gets discouraged, but are you able to overcome discouragement? Are you jealous? Being jealous of another hurts you more than it does the other fellow. Why not try to understand the situation rather than be jealous? There are many different emotions, but a happy person must learn to control them.

**BE CONSIDERATE:** Good manners really mean being considerate of others. Are you considerate of older persons, too? And do you consider property and possessions of others as theirs, not yours?

**BE LOYAL:** Are you a loyal or fair-weather friend? If you are not loyal, you may soon find yourself without friends.

**BE SYMPATHETIC:** You want sympathy from others when things go wrong, but do you try to understand them and sympathize with them when they are in trouble?

**BE TACTFUL:** Are you tactful of the feelings of others, or do you say frank things even if it hurts? It is hard to call back unkind words, and you may lose a friend. Think how the other fellow is going to feel before you say unkind things.



**HAVE COURAGE:** If you believe a thing is really right, do you stand up for it? Or are you always afraid? Manytimes the "impossible" can be done if you have the courage to try.

**COOPERATE:** Do you do your part? Do you try to cooperate with others, or do you always do things "your way?" To live in a world full of people and get along, one must learn to cooperate.

Remember: Friendship is a two-way process. Go out of your way to be friendly and you'll never be lonely.

## Let's Demonstrate, Judge And Exhibit

During the 4-H club year, you have opportunities to take part in many 4-H activities. Three of your greatest opportunities will be to demonstrate, judge and exhibit.

Demonstrate. There are many things that you can show and tell other people. In the health project you might demonstrate.

The proper way to eat.  
How to wash.  
How to brush your teeth.  
How to groom your hair.  
Some good body building exercises.

How to shine shoes.  
Proper posture.  
Games for club meetings.  
Proper lighting for close work.  
First aid treatment.

For information on how to give a demonstration, ask your county agent or home agent for a copy of "How And Why Of 4-H Demonstrations." The circular will answer most of your questions.

Judging. Judging is one of the ten requirements of a good 4-H club program. You and your club can meet this requirement by judging some of the following articles or similar ones.

First aid kits  
Postures  
Diets  
Shoes and shoe shines

Hair brushes  
Shoe shine kits  
Clothing (both  
for cleanliness  
and weather)

Tooth brushes  
Soaps and shampoos  
Room lighting  
Grooming kits

Exhibits. The best exhibit that you have is yourself. Always show yourself off by being well groomed, clean and healthy. Some counties have contests in which the individual's health is judged.

Most counties make arrangements for displays in booths at county fairs, store windows and public meeting places. Your club might prepare a health exhibit or display.

Members might make and exhibit many different items. For example, first aid kits. The club member could assemble a kit for the home; the car, truck or tractor; working places such as the machine shop; and similar places. Other things that you can make and exhibit are:

Health posters  
Shoe shine kits  
Soap container

Matching washcloth and towel  
Grooming kits for the home\*  
Grooming kits for camp and travel

\*Grooming kits might be for a specific purpose such as the fingernails, the hair or the face and hands; or they may serve a general purpose such as what should be found in the bathroom.



Containers for kits may be bought or may be made. If made, you might use a discarded cigar box, a plastic bag, an empty can with a lid or some other similar article; or it can be made out of leather or cloth. All you need to do is collect the needed items for the kit and to give the container an attractive cover. By using a little imagination, you will be surprised at what you can do.

## Tips To The Leader

Your question may be, how do I conduct such an activity? The answer to the question will vary with the situation, but in general you should follow this pattern.

- First meeting: Organize the club and discuss the year's program. Have members discuss their health habits and decide which habits they would like to study and improve. Encourage them to maintain a record for one week on the selected habits by the next meeting.
- Second meeting: Complete the club's plans for the year. Then help the members study their selected habits for ways to improve; and decide how to make the improvements.
- Third and following meetings: Carry out the club's program -- making changes as you and the club find desirable. Continue discussing and studying good health habits; and help and encourage members to improve.
- Last meeting: Have the members make a final check on their selected health habits previous to this meeting. At this meeting have them report what they accomplished, have record books completed and turned in and encourage members to continue trying to improve. (This meeting might be in the form of an achievement program) Plans for reorganizing can also be made.

Note: There are many activities that will help make the club program more interesting. For example; 4-H camp, county fair, demonstration contests, county wide picnics, achievement programs and competition for health awards. Visits to hospitals, clinics and places where medical equipment or medicine is made are interesting to the members. By making use of these and other activities your club program will be both fun and educational.



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